












































PLANNING FITNESS/RPM/
BOXTRAINING

SPORT AVENUE

== SPORT CLUB ==

PAU
09 80 86 84 90

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI |
|-------|---|---|--|---|---|
| MATIN | 09H15  LES MILLS BODYPUMP™ | 09H15  GYM D'ENTRETIEN | | 09H15  LES MILLS BODYPUMP™ | 09H15  CUISSES ABDOS FESSIERS |
| | 10H00  LES MILLS BODYBALANCE™ | 10H00  STRETCHING | | 09H45  LES MILLS CORE | 10H00  LES MILLS BODYBALANCE™ |
| MIDI | 12H30  LES MILLS sprint | 12H30  HBX boxing | 12H30  LES MILLS BODYPUMP™ | 12H30  CUISSES ABDOS FESSIERS | 12H30   ATHLETIC TRAINING |
| SOIR | 18H00  LES MILLS BODYATTACK™ | 18H15  LES MILLS BODYPUMP™ | 18H00  HBX fusion | 18H00  LES MILLS BODYPUMP™ | 18H00  LES MILLS SH'BAM™ |
| | 18H00  TRX Suspension Training® | 18H30   ATHLETIC TRAINING | 18H30  LES MILLS BODYCOMBAT™ | 18H15  LES MILLS GRIT ™ CARDIO | 18H15   ATHLETIC TRAINING |
| | 18H45  LES MILLS CORE | 19H00  LES MILLS BODYSTEP™ | 19h15  CUISSES ABDOS FESSIERS | 18H45  LES MILLS BODYATTACK™ | 18H45  LES MILLS BODYPUMP™ |
| | 19H15  LES MILLS BODYPUMP™ | 19H00  LES MILLS RPM | 19h45  TRX Suspension Training® | 19H00  LES MILLS RPM | 19H00  LES MILLS sprint |
| | 19H15  LES MILLS RPM | 19H45  HBX boxing | | 19H30  LES MILLS BODYBALANCE™ | 19H30  LES MILLS CORE |
| | | 19H45  STRETCHING | | 19H45   ATHLETIC TRAINING | |